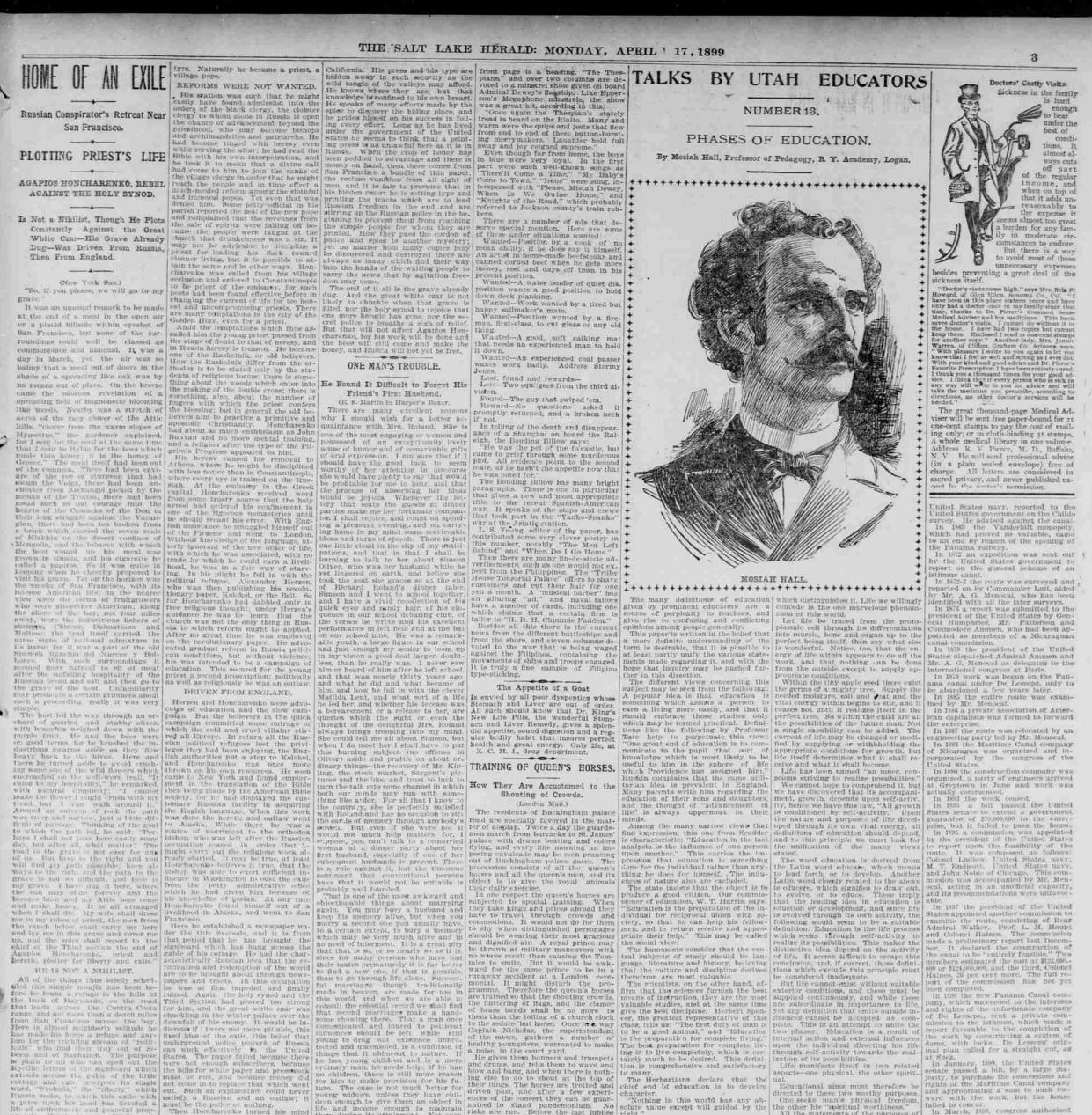
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A Very Much Needed Worker.

Very delicate particles of soda appear in field grains such as used by mankind.

The use made of natural soda or Sodium Sulphate, is to exidize the sugar in the body, thereby decomposing it and making it suitable for rebuilding the cells and preserving the bile and pancrealle phoes at normal consistency.

When a person fails to use food containing this important little worker, the sugar in the bedy is not properly cared for and seeks escape through the kidneys, causing Diabetes. A lack of the Sodium Sulphate is also shown by billousness, for the bile becomes thick when its little governor is absent. Sodium Sulphate is not readily taken up by the body when given us a drug, but is quickly absorbed when furnished in Nature's way as stored in food, and in that way it is found in Grape-Nuts, the most scientificulty prepared food made by man. Why Because in Grape-Nuts it is found in Grape-Nuta, the most scientifically prepared food made by man. Why? Because in Grape-Nats the pure natural elements needed by man are preserved and presented fresh